



ENGLISH UNLIMITED



Cookbook

2018





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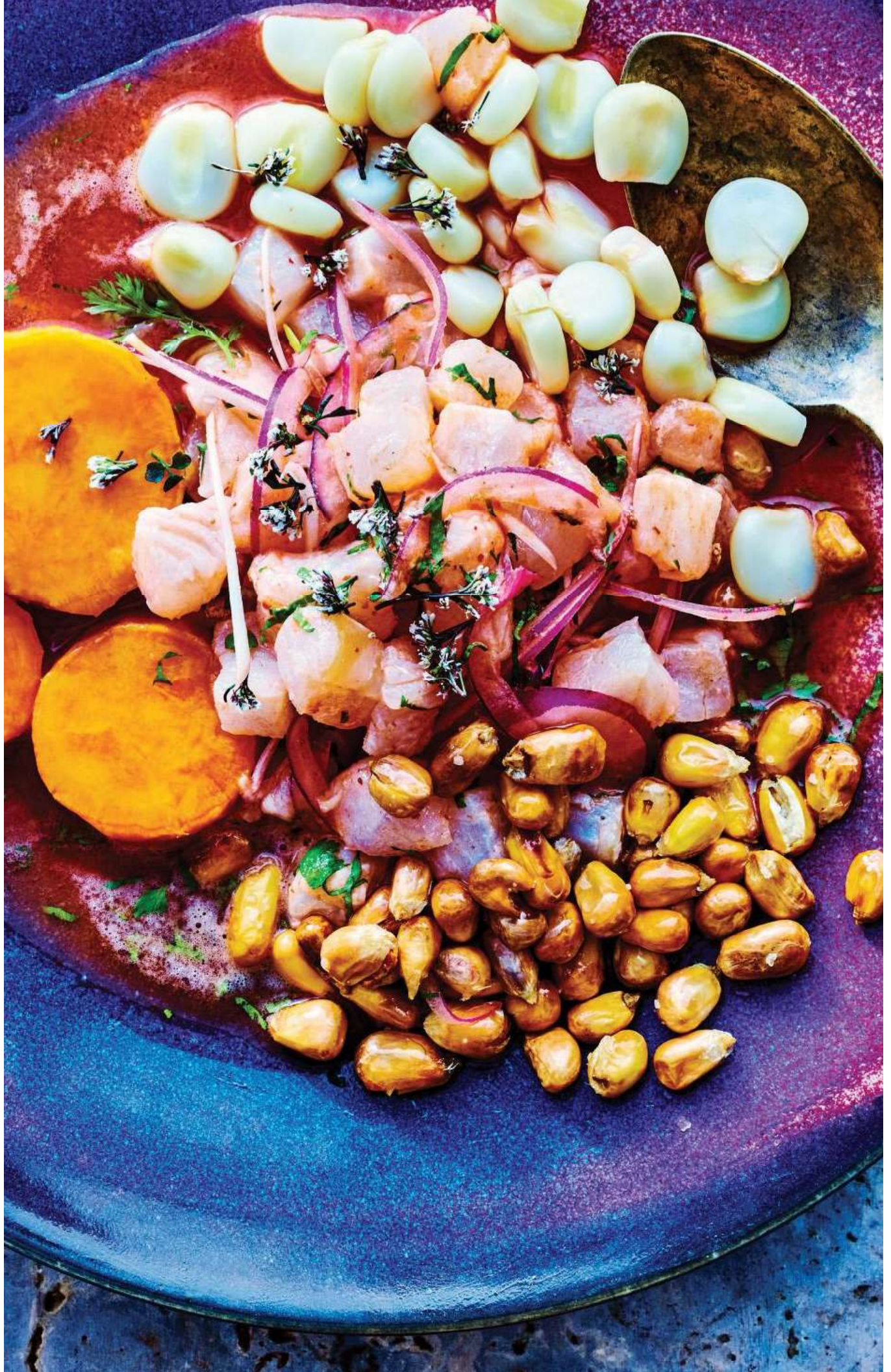


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by

Elementary and
Pre-Intermediate students



Peru

CEVICHE

Ingredients

1 ½ pounds of fresh fish
1 red onion
1 cup of lemon juice
1-2 chilies
2 sprigs of cilantro

Instructions:

- Cut the fish in small cubes, add salt, cover and refrigerate.
- Cut the onion into thin slices.
- Rinse the fish to remove the salt
- Place the cubes of fish, add onions, chilies, pepper, lime and lemons juice and mix them
- Serve in a dish, add cilantro, additional onions, corn sweet potato or boiled potato.

by Mayra Fiorela Caldas Pino from Brisbane



Korea

KIMCHI RICE

1. Chop Kimchi
2. Coat oil on the frying pan
3. Stir-fry kimchi and put in rice.
4. Toss for about three minutes.
5. Move rice onto the plate.

Extra Step : Put a fried egg on the rice.

by Minjae Jang from Melbourne



Thailand

PAPAYA SALAD

Ingredients:

1. Shredded green papaya
2. Shredded carrots
3. String beans
4. Fish sauce
5. Palm sugar
1. Lime juice
2. Tomato
3. Dried shrimps
4. Peanuts
5. Chillies
6. Fresh garlic

Instructions:

- Use a mortar and pestle to crush the chilli and garlic.
- Add shrimps and continue crushing.
- Add sugar and continue beating with the pestle.
- Add the papaya, carrots and string beans, fish sauce, lime juice, tomato and peanuts.
- Continue beating until all the ingredients are mixed well.

by Mino Vonghaxay – Elementary (with Raymond)
from Sydney



Thailand

PAD SEE EW

Ingredients:

1. 2 tablespoons of oil
2. A few pieces of garlic
3. A bowl of flat rice noodles
4. A small bowl of chicken
5. 1 handful of Chinese broccoli
6. 1 egg
7. 1 table spoon of soy sauce
8. 1 table spoon of dark sweet soy sauce
9. Black or white pepper

Instructions:

- Heat the wok or frying pan on a medium heat and add about 2 table spoons of oil.
- When the oil is hot, fry the garlic for 10 seconds.
- Put the egg into the oil and fry for 30 seconds then add the small bowl of chicken and stir fry it until the chicken is white.
- Put the bowl of flat rice noodles and 1 handful of Chinese broccoli.
- Add the table spoon of soy sauce and 1 table spoon of dark sweet soy sauce.
- Cook all together for about 3 – 5 minutes.
- Put it on a dish and add some black or white pepper.

by Supaphorn from Sydney



Thailand

PAD THAI

Ingredients:

1. Shrimps (5)
2. Noodles
3. 1 bunch spring onions
4. Red onion, sliced (1 head)
5. 6 table spoons of fish sauce
6. 6 tablespoons of oyster sauce
7. 3 tablespoons of vinegar
8. 2 table spoons of sugar
9. 1 table spoon peanut
10. 2 eggs
11. 1 lemon, in slices

Instructions:

- Set the pan of hot oil to fry the shrimps with cooked shallots.
- Put the vinegar, fish sauce, oyster sauce and sugar and a little water.
- Stir until soft.
- Add the bunch of spring and stir the egg and then serve on a plate.
- Sprinkle crushed peanuts, chilli and lemon.

by Dream Kayyaphat from Sydney



Thailand

CHICKEN AND COCONUT SOUP

Hi, I'm Noey and I'm from Thailand. Today I will recommend some Thai food. Today I am going to help you make Chicken and Coconut Soup to serve four people.

You can go to the supermarket to buy these ingredients:

1kg chicken

1 tin or carton of coconut milk

2 limes

A little chopped cilantro

1 tablespoon fish sauce

1-2 chillies

2-3 Green onions

Let's get started.

First you can bring the coconut milk to just below boiling and add the chicken and lemongrass. Adjust the heat so the liquid simmers, then put in chicken, uncovered until tender for about four minutes.

Add green onions and chillies. Heat briefly, then remove from heat and stir in lime juice, fish sauce and shredded cilantro.

by Chonnipha Konthong (Noey) from Melbourne



Japan **KARAAAGE**

Ingredients:

- Thigh chicken
- Corn starch or flour
- Soy sauce 1 cup
- Pepper – ½ tea spoon
- Sugar – ½ tea spoon
- Salt – ½ tea spoon
- Garlic – 1 clove
- Salad oil or olive oil

Instructions:

1. Cut the chicken (bite size)
2. Cut chicken and add ingredients into a plastic bag.
3. Close the plastic bag and wait for 30 mins.
4. Put the corn starch into a stainless steel tray.
5. Chicken of 3 into 4: dusting with corn starch.
6. Put the oil into a large pan. Warm the oil.
7. Chicken of fried at high temperature for about 5 mins, until the chicken turns golden.
8. Serve on a dish.
9. Enjoy!

by Yuriko and Kanako from Sydney



Colombia

BANDEJA PAISA

Ingredients

200g beans
200g rice
1 avocado
200g ground Beef
1 arepa
1 green banana
100g pork rind
1 chorizo

Prepare

- Preparing the beans. Cook about an hour and add small pieces of beef and onion.
- Cook the ground beef with onion, the pork rind is fried in plenty of hot oil.
- The egg is fried with little oil. Cut the avocado and fry the green banana.
- Serve everything on a plate and accompany it with avocado, chorizo and Arepa.

by Juan Sebastian Florez Figueroa and
Paola Elsy PaezGiron from Brisbane

